

Fitness Class Timetable *from 6th November 2023*

Please book in advance – online via the Members’ website at www.roehamptonclub.co.uk

or call Reception on 020 8480 4200. Classes can be booked three days in advance.

All cancellations must be made 12 hours before the class.



STUDIO CLASS – S1, S2	OUTDOOR	IN THE POOL	SPIN STUDIO	VIRTUAL SPIN
-----------------------	---------	-------------	-------------	--------------

MONDAY	TUESDAY	WEDNESDAY
6.15-6.45am GRIT with Marilia, S1	*6.30-7.15am Spin with Ayesha	6.30-7.30am Body Pump with Eva, S1
*6.30-7am Virtual Spin	7-7.30am GRIT with Donovan, S1	7-7.45am Spin with Clare, S2
7-7.45am Body Pump with Marilia, S1	8.30-9.15am HIIT and Core with Clare, S1	*7.45-8.45am Stretch Pilates Susanne, S1
*7.45-8.45am Pilates with Susanne, S2	9-9.45am Bootcamp with Donovan, S2	8-8.45am Sculpt with Clare, S2
*8.15-9am Spin with Clare	*9.30-10.15am Spin with Clare	8.00-8.40am Hydro Circuit with Lucy
*8.50-9.50am Yoga with Pamela, S2	9.30-10.30am Body Pump - Gabrielle, S1	9-9.45am Abs Conditioning with Susanne, S2
* 8.50-9.50am Back to Basics Pilates with Susanne S1	*9.45-10.30am Aqua with Anita	*9-10am Vinyasa Flow Yoga Juliet, S1
9.55-10.40am LBT with Susanne, S1	10-10.30am TRX with Lucy, S2	9-9.45 Bootcamp with Ryan
10.30-11.15am Fit Ball with Ayesha, S2	*10.30-11am HIIT Spin with Clare	*9.30-10.15am Spin with Charlotte
*10.45-11.30am Step with Lauren, S1	*10.45-11.45am Zumba with Anita, S2	*10.15-11.15am Yin Yang Yoga with Juliet S1
10.50-11.30am Aqua HIIT with Susanne	*10.45-11.45am Pilates with Pamela, S1	10.15-10.45am Body Attack with Marilia, S2
*11.35-12.35pm Forever Fit with Lauren, S1	*11-11.40am Hydro Spin with Susanne	*10.30-11.10am Aqua with Ayesha
* 12pm-1pm Power Yoga with Zuzana, S2	*12.15-12.45pm Stretch with Gym staff, S1	*10.30-11am Express Spin with Charlotte
*12-12.30 Express Spin with Roy	*1-2pm Vinyasa Flow Yoga with Andressa, S1	*11am-12pm Body Balance with Marilia, S2
*12.45-1.45pm Pilates with Lauren H, S1	*6.45-7.30pm Spin with Roy	*11.30-12.30pm Pilates with Susanne, S1
*6.30-7.15pm Spin with Alex	*7-8pm Pilates with Lauren H, S1	12.15-1.15pm Body Pump with Pamela, S2
*6.30-8pm Sivananda Yoga with Alison, S1		*6.30-7.30pm Pilates with Charlotte, S1
7.30-8.15pm HIIT with Alex, S2		*7-7.45pm Virtual Spin

THURSDAY	FRIDAY	SATURDAY
6.15-6.45am Body Attack with Marilia, S1	6.15-6.45am HIIT with Lucy, S1	*7.45-8.45am Pilates with Jo-Ann, S1
*6.30-7.15am Virtual Spin	7-7.45am Body Pump with Ainslie, S1	8.30-9am GRIT Cardio with Blair, S2
7-7.45am Body Pump with Marilia, S1	8-8.45am Sculpt with Clare, S1	*8.45-9.30am Aqua with Susan
*7.45-8.25am Hydro Spin with Amanda	9-9.45am Bootcamp with Roy	*9- 9.45am Spin with Lauren
8.10-8.55am Pump with Ayesha, S1	*9-9.45am Aqua with Susanne	9-9.45am Pump with Ayesha, S1
9-9.45am Fit Ball with Ayesha, S1	*9-9.45am Spin with Clare	9.15-9.45am GRIT Strength Blair, S2
*10-10.55am Vinyasa Flow Yoga with Pamela, S2	10-10.30am TRX with Lucy, S2	10-10.45am LBT with Ayesha
*10-10.45am Spin with Ayesha	*10-11am Back to Basics Pilates with Susanne S1	10-10.45am Step with Lauren, S1
*10-10.50am Forever Fit with Anita S1	*11am-12pm Body Balance with Isabel, S2	*11-11.45am Spin with Ayesha
10.30-11.15am Bootcamp , with Lucy	*11.10-11.50am Hydro Circuit with Ayesha	*11am-12pm Pilates with Zuzana, S2
*11am-12pm Pilates with Pamela, S1	11.15am-12pm Body Blast with Susanne, S1	*11.30am-12.30pm Body Balance with Jade, S1
*11-11.45am Aqua with Ayesha	12.15-1.15pm Body Pump with Pamela, S2	*12.15-1.15pm Power Yoga with Zuzana, S2
12.05-12.50pm LBT with Ayesha, S1	*12.30-1.30pm Pilates with Zuzana, S1	*3-4.30pm Sivananda Yoga – Alison, S1
12.10-1.10pm Body Pump with Pamela, S2	*1:45-2.45pm Vinyasa Flow Yoga with Andressa, S1	
*1-1.30pm Stretch with Gym Staff S1	*6.30-7.15pm Virtual Spin	

All sessions marked *
are Low Impact

JUNIOR GYM CLASSES

Junior Strength and Conditioning
Tuesday, Thursday 5pm
& Saturday 1:30pm

Teen Spin Sunday 12:45pm

SUNDAY
*8.10-8.50am Hydro Spin with Ayesha
9-10am Pilates with Lauren, S2
9-9.45am LBT with Ayesha, S1
9.30-10am Bootcamp with Gym Staff
*9.30-10.15am Spin with Clare / Charlotte
10.15-11am Pump with Ayesha, S1
10.15-11.15am TBW with Lauren, S2
*10.30-11.15am Spin with Clare / Charlotte
*11:30am-12.30pm Pilates with Lauren S1

Class Descriptions

Aqua

Using water as a resistance, this pool-based workout is great for cardio and conditioning while being gentle on joints.

Back to Basics Pilates

An ideal class to follow the Complete Beginners course or to remind you of the basics. Focusing on technique, you will gently strengthen the core, pelvic alignment and postural muscles and increase body awareness and joint mobility.

Body Blast

Head to toe strengthening using your own body weight, hand weights and resistance bands. In this class you will combine cardiovascular fitness, core strength and balance to achieve your fitness goals.

Fit Ball

Total body conditioning using the swiss ball to sculpt and shape the body.

HIIT

Short bursts of interval training using intense anaerobic exercises to burn a large amount of calories in a limited time.

HIIT and Core

High Intensity Interval Training and core work to burn a large amount of calories in a short space of time.

Hydro Circuit

A full body workout using both underwater bikes and treadmills. Brilliant for those with injuries as it's gentle on the joints. Great for general fitness, core conditioning and lymphatic benefits. Please arrive early to set up.

Hydro Spin

A full body workout using underwater bikes. Great for conditioning while being gentle on joints. Open to all fitness levels. Please arrive early to set up.

LBT

An easy-to-follow, high-impact class which combines aerobics with conditioning exercises to focus on legs, bums and tums.

LES MILLS BODYATTACK™

This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivates everyone towards their fitness goals.

LES MILLS BODYBALANCE™

A mixture of Yoga, Tai Chi and Pilates to build flexibility and strength. The series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

LES MILLS BODYPUMP™

Sculpt, tone and strengthen your entire body with low weights and high reps. You will burn fat, gain strength and produce lean body muscle while you squat, press, lift and curl.

LES MILLS GRIT™

Classes consist of high-intensity, 30-minute workouts in one of three styles: Strength, Cardio and Plyo. From barbell, plate and body weight exercises (Strength) to challenging cardiovascular fitness (Cardio) to explosive athletic training (Plyo), you will work harder to get fitter, faster.

Forever Fit

A low-impact dance class, combining traditional, fun moves to improve strength, balance and endurance.

Pilates

Mat-based exercises to improve muscle control, flexibility, coordination, strength and tone. Suitable for all.

Power Yoga

Power Yoga is a fast-paced cardiovascular workout focused on building strength and flexibility in the body through high impact yoga poses.

Sculpt

Sculpt is a strength based stationary circuit class that works through all the main muscle groups for an all over body workout. The freestyle weights session uses mainly dumbbells and the focus is on becoming stronger as well as toning, sculpting and defining.

Stretch Pilates

Slow-paced mat based exercises to improve muscle control, coordination, tone and strength. With focus on mobility and stretching to work on flexibility.

Sivananda Yoga

A classical form of yoga practising pranayama (yogic breathing) and asanas (yoga poses) to increase strength and flexibility and relaxation to calm the body and the mind.

Spin

A challenging and fun cycling workout to improve cardiovascular fitness while burning calories. New to Spin? Try our Beginners classes first.

Step

A choreographed workout with music to help set the tone and pace as you work out.

Stretch

A non-impact class with a focus on stretching, mobility and developing flexibility, which can help to reduce the risk of injury. Please warm up before the class.

TBW

An easy-to-follow, high-impact class which combines aerobics with conditioning exercises to tone the whole body.

TRX

Suspension Training bodyweight exercises to develop strength, balance, flexibility and core stability simultaneously.

Vinyasa Flow Yoga

A sequence of movements between postures, coordinated and guided by deliberate breath. A moving meditation that creates strength, freedom and fluidity in the body and mind

Yin Yang Yoga

A combination of steady, slow flow movement, much like vinyasa, which builds heat and energy promoting strength and stamina, followed by the more melt-into-your-mat practice of Yin, with longer holds and meditative seated/lying postures to improve flexibility and calm the nervous system

Yoga

Feel the physiological benefits, relieve stress and improve posture to create an overall sense of wellbeing.

Zumba

Latin-inspired, easy-to-follow, calorie burning dance.

Studio Etiquette

- All belongings should be left in changing room lockers, with no exceptions.
- Members may not join a class five minutes after it has begun. This is to ensure the safety and comfort of all class participants.
- If a Member has not arrived by the start of the class, Members on the first reserve will be given the space.
- Please wipe down equipment after use and leave in an orderly manner – as you would like to find it.
- Please be respectful and allow house-keeping staff time to finish cleaning before entering the studio.
- Please notify the instructor of any injuries or illnesses that may affect your participation in the class.
- Download and use the Roehampton Club Health Club App to view, book and cancel classes. Search for it in your device's app store.

Booking policy

- Studio Class booking opens three days in advance.
- Booking in advance is not compulsory but will guarantee your space.
- Once a class is full, up to three Members have the option to book onto the waiting list. If a space becomes available, the first person on the waiting list will automatically be given the place. This will be confirmed by email.

No show policy

- On the first occasion there is no penalty for a no show.
- On subsequent occasions, the system will automatically suspend the Member's booking rights for seven days.

Cancellation policy

- Under all circumstances, please cancel more than 12 hours before your class is due to start.
- Within 12 hours, you will need to contact Health Club Reception to cancel. You will not be able to cancel online.
- If you are already at the Club and wish to cancel your class, please notify Health Club Reception immediately.
- There is no penalty for your first late cancellation, just a warning.
- On subsequent occasions, the system will automatically suspend the Member's booking rights for seven days.

For more information on these activities please email healthclub@roehamptonclub.co.uk

